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Retainers

Congratulations on having your braces removed! We are now entering the retention phase of your orthodontic treatment.

I recommend that retainers be worn full time (day and night) for six months, and then every night for several years. Eventually, the retainers may be worn less regularly. After a while, the amount of time that the retainers need to be worn varies for each individual – the retainers should be worn as much as needed to keep the teeth straight. Long-term studies show that orthodontic problems reoccur, so retainers are necessary to maintain our orthodontic results. I recommend that retainers be worn on a long term or indefinite basis.

Periodic office visits will be necessary for about two years during retention. The purpose of the visits will be to adjust the retainers, and to make sure that the teeth are stabilized. Appointments will decrease in frequency over the two years, but feel free to make an appointment anytime that there is a problem with the retainers or if the teeth are shifting. Please **bring your retainers** to all appointments so that they can be adjusted and checked.

Clean the retainers at least once a day by brushing them with a toothbrush. A hard toothbrush or denture brush can be used on the retainers (not in your mouth). They may be soaked in Retainer Brite, Efferdent, baking soda or mouthwash, but do not put them in anything toxic (i.e. bleach or alcohol) or in boiling water.

Be very careful not to lose or break the retainers. The retainers, office visits during retention, and post treatment records were included in your original treatment fee. After two years of retainer adjustment appointments, there will be a nominal charge for retainer adjustments. Additional charges for a replacement retainer will be necessary if the retainers are lost or broken. The current fee for **each** replacement retainer is \$150.

We appreciate the opportunity to have provided your orthodontic treatment, and we will help to assure that the results are stable for years to come.